

Limietwedstrijd kb ZPC AMERSFOORT
Amersfoort, 19-11-2023

Programmanr. 2
19-11-2023 - 14:22

Heren, 400m wisselslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging		intijd		tijd		RT
1.	Youri Voet	De Duinkickers		4:56.02		200502269		4:50.00 +0,75
	50m: 30.51	30.51	150m: 1:42.51	36.39	250m: 2:59.65	40.63	350m: 4:17.48	35.08
	100m: 1:06.12	35.61	200m: 2:19.02	36.51	300m: 3:42.40	42.75	400m: 4:50.00	32.52
2.	Rens Noordover	Kzc		5:04.50		200800237		5:00.18 +0,55
	50m: 31.56	31.56	150m: 1:47.04	38.61	250m: 3:06.31	42.16	350m: 4:25.49	35.40
	100m: 1:08.43	36.87	200m: 2:24.15	37.11	300m: 3:50.09	43.78	400m: 5:00.18	34.69
3.	Menno Bas	Zwemclub Zeist		5:02.84		199902947		5:05.29 +0,72
	50m: 30.37	30.37	150m: 1:49.14	42.42	250m: 3:11.71	42.49	350m: 4:30.97	35.96
	100m: 1:08.72	36.35	200m: 2:29.22	40.08	300m: 3:55.01	43.30	400m: 5:05.29	34.32
4.	Brent Schiffers	ZPC Woerden		5:44.74		200902041		5:16.29 +0,55
	50m: 33.31	33.31	150m: 1:53.90	40.25	250m: 3:18.54	46.42	350m: 4:42.17	36.47
	100m: 1:13.65	40.34	200m: 2:32.12	38.22	300m: 4:05.70	47.16	400m: 5:16.29	34.12
5.	Sijmon van der Woude	Zwemvereniging Hoogland		5:14.37		200603299		5:20.32 +0,74
	50m: 30.32	30.32	150m: 1:49.06	40.76	250m: 3:15.74	46.68	350m: 4:43.38	38.37
	100m: 1:08.30	37.98	200m: 2:29.06	40.00	300m: 4:05.01	49.27	400m: 5:20.32	36.94
6.	Abel op den Velde	De Duinkickers		NT		201000079		5:33.40 +0,71
	50m: 35.34	35.34	150m: 2:00.08	40.59	250m: 3:29.60	50.08	350m: 4:57.93	37.62
	100m: 1:19.49	44.15	200m: 2:39.52	39.44	300m: 4:20.31	50.71	400m: 5:33.40	35.47
7.	Baris Tomu	Zpch		5:52.10		201000869		5:35.66 +0,60
	50m: 36.93	36.93	150m: 2:03.27	42.34	250m: 3:32.94	47.98	350m: 4:59.39	37.77
	100m: 1:20.93	44.00	200m: 2:44.96	41.69	300m: 4:21.62	48.68	400m: 5:35.66	36.27
8.	Gwee Bokma	Zwemlust- den Hommel		NT		201002259		5:36.31 +0,69
	50m: 32.65	32.65	150m: 1:57.01	43.03	250m: 3:28.39	50.91	350m: 4:58.55	38.00
	100m: 1:13.98	41.33	200m: 2:37.48	40.47	300m: 4:20.55	52.16	400m: 5:36.31	37.76
9.	Maxwell Russel	Zpch		NT		201002715		6:03.63 +0,65
	50m: 37.65	37.65	150m: 2:09.11	45.89	250m: 3:47.38	51.99	350m: 5:23.24	41.43
	100m: 1:23.22	45.57	200m: 2:55.39	46.28	300m: 4:41.81	54.43	400m: 6:03.63	40.39